Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 06:00 on Friday 31 Mar 2023 until 23:59 on Saturday 01 Apr 2023

Forecast Issued on Friday 31 Mar 2023 at 03:06 by Met Office Aberdeen

Confidence: Generally high confidence over the coming days, but lower for extent of low cloud and mist on Friday.

Headline for Friday 31 Mar 2023: Cloudy and misty in the east, brighter in the west. Light to moderate winds.

Mountain weather hazards on Friday 31 Mar 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Medium Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Cloudy	Cloudy	Cloudy	Cloudy	Cloudy	Fog
Precipitation probability					
30%	30%	30%	40%	30%	30%

Forecast for Friday 31 Mar 2023

Weather: Dry with clear spells during the early hours. Low cloud and misty conditions pushing in to Easter Ross, Caithness and western Sutherland from the east by dawn, with some outbreaks of light rain or drizzle. In the west, and particularly for Skye, conditions will be good with some high cloud and sunny spells, perhaps the odd light shower during the afternoon. Little change into the evening.

Chance of cloud-free hill tops above 800m: 90% during the early hours, decreasing to 10-20% in the east by dawn, around 60% in the west.

Low cloud and visibility: Low cloud pushing in to eastern parts from around dawn, with cloud base 400-600m, bringing misty conditions, this persisting throughout the day. Generally good visibility in the west.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Friday 31 Mar 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	20/25 SE	19/24 SE	17/23 E	19/25 E	18/25 E	17/25 E	17/24 E
900	23/28 SE	21/26 SE	17/23 E	20/27 E	21/28 E	18/26 E	17/24 E
600	16/23 SE	12/18 SE	14/20 E	16/23 E	16/25 E	16/26 E	16/25 E
300	8/20 E	5/18 E	8/18 E	11/21 E	12/20 E	11/20 E	11/20 E
Glen	14/23 E	12/19 E	10/17 E	14/22 E	13/22 E	16/25 E	15/23 E

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	3/-2	3/-3	3/-2	3/-2	2/-4	0/-6	-0/-6
900	4/-2	3/-2	4/-1	4/-1	2/-3	1/-5	0/-6
600	6/2	6/2	7/4	7/3	5/1	4/-1	3/-2
300	5/2	8/6	10/9	10/8	8/5	5/2	4/1
Glen	8/5	10/8	13/11	13/10	11/8	8/5	7/4
Freezing Level*	1500m	1500m	1400m	1400m	1400m	1400m	1400m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Feeling pleasant in the west with temperatures in the low teens in the glens. Cold temperatures at height.

Forecast for Saturday 01 Apr 2023
Weather: A mostly dry day. Starting off bright but clouding over across the east of the region in the morning, and most other ranges in the afternoon.

Maximum wind: Easterly 15-20 mph.

Chance of cloud-free hill tops above 800m: 20% in the east, 60% in the west.

Low cloud and visibility: Areas of low cloud down to 500 to 800 metres developing across the east. Cloud mostly at 900 metres or above in the west.

Temperature: **Glens:** Plus 5 rising to plus 8-10 Celsius.
At 800m: Zero rising to plus 4 Celsius.
Freezing level: 800 metres rising to 1200 metres later in the day

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